

JUDO



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JUDO

AND ITS USE IN HAND-TO-HAND COMBAT

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Introduction

In spite of the high mechanization of the war we have today, there are still more hand-to-hand combat clashes than there have been in any war since the invention of gun powder. The infantry or foot soldier is still the unit that mops up and takes objects and positions that are by-passed and encircled by the mechanized divisions. This war being a war of maneuver instead of a war of position, armies will meet in personal contact. Because of being taken by surprise and not having time to place artillery, machine guns, etc., hand-to-hand combat will naturally develop. A man trained in this type of combat should know and be able to execute Judo, which will give him superiority over his adversary in every situation.

To follow the description of the holds set forth in the following pages, place yourself in front of your mate in practice. The holds are so described as to be practiced on a man using his right hand. To execute the same on the left hand, reverse the entire procedure, substituting left for right, etc. The holds are described step by step and move by move that you may understand the maneuvers and function of each hold.

In applying the holds, it is essential to use speed to be successful. The maneuvers will all be executed at once, making the whole in one continuous flow of motion.

In the word "Ju Jitsu," "Ju" is Japanese for "gentle," "pliant" or "yielding" and "Jitsu" is Japanese for "art." The two words mean "gentle art" or "yielding art." This does not mean that Ju Jitsu is non-resistant. In practice, it is self-defense and counter-attack. But instead of meeting an onslaught directly, you use your strength against that of your opponent. You submit—or pretend to submit—in order to gain a calculated advantage over this opponent. You should

maneuver him into such a position that his strength and momentum will work to his own undoing. You aim, in other words, at a maximum result with a minimum of effort. For example: Someone is pushing you. You withdraw, keeping your balance as you back up. Your opponent thinks you are afraid of him, but in a second's time, you retaliate and break his wrist in the manner described in Figures 83 and 84. You can understand some of the Japanese character when you see that wrist breaking is part of what they call the "gentle art."

The element of surprise is a big factor, so pretend fright or timidity until time to act. Of course, an opponent charging you with a knife or bayonet doesn't give you much time to pretend, but the suddenness of your defense and counter-attack leaves him bewildered. And by the time his brain has time to absorb the situation, you already have him at your mercy with a broken limb. The element of surprise is now on your side and used to your advantage. "Most great battles are won by the element of surprise and doing the unexpected." So be it with an individual. Remember! These holds, when executed at maximum speed, are completed in from a fraction of a second to two seconds; depending on the type of hold used and how fast the individual executes it. Remember these points and profit thereby. The element of surprise, good balance, proper footwork (such as gauging your step and where you place it), timing, using your opponent's momentum to throw him, nerve (guts), confidence in your ability (you can't have the confidence unless you practice and attain the ability), speed, precision and dexterity. Learning and remembering these points will make you a master. Fifteen minutes daily practice will make you competent.

The methods herewith shown and described can be used in whatever situation you may face your opponent in hand-to-hand combat.

This is not a textbook on Judo, but only a guide book on the fundamentals previously taught to the reader.



Fig. 1

Fig. 1. This is known as the larynx blow, one which will kill your opponent by instant strangulation. This is caused by the collapse of the larynx on the wind pipe. The blow can be delivered from any position the opponent presents himself. Notice the position and shape of fingers and hands.



Fig. 3

Fig. 3. This blow to the upper lip will cause a cerebral hemorrhage, causing death in from eighteen to twenty hours.

Fig. 2

Fig. 2. This is known as the rabbit blow. It will instantly kill your opponent by breaking his neck.



Fig. 4

Fig. 4. This blow to the bridge of the nose between the eyes will crush the bone, forcing it into the brain, and cause blood poisoning in the brain and eventual death.





Fig. 5

Fig. 5. This blow will cause a cerebral hemorrhage, resulting in death in eighteen to twenty hours.



Fig. 7

Fig. 7. The hands cupped well and delivered sharply will burst the ear drums, giving you a temporary advantage over your opponent. This method can be used in connection with hold No. 65, Figure 65.

Fig. 6

Fig. 6. Delivering this blow to either side of neck will cause temporary paralysis of the corresponding side of the body.



Fig. 8

Fig. 8. The eye gouge can be used when you are in close body contact, standing or prone. The eyes are the most vulnerable part of the body.





Fig. 9

Fig. 9. This is the solar plexus blow when delivered in the position of the fist above with a sharp blow. Our opponent will be paralyzed for from fifteen to twenty seconds. Note the position of the index finger which is the dealing weapon. Use this blow when in close body contact with opponent.



Fig. 11

Fig. 11. This blow with knee to testicles is one of the most vicious attacks that can be used. Use it in close body contact in from whatever position you are, standing or prone. It is another able method in breaking a front strangle. If strangled from rear, use your fist to the same spot.

Fig. 10



Fig. 10. This is the kidney blow. It will cause intense pain, giving you a temporary advantage over your opponent. This blow can be used in close body contact; also, to cause your opponent to release his strangle on your throat from front or rear. To break strangle from front, use as illustrated above. To break strangle from rear, twist body to right, at same time delivering blow with hand palm down.

Fig. 12



Fig. 12. This is the boot kick which can be delivered from the back or front. Deliver the blow with the arch of your shoe, grazing your opponent's shin in coming down on his instep, and break the latter. This is a very good method in breaking strangles from front or rear.



Fig. 13

Fig. 13. This is the bronco kick, delivered by springing in the air and striking your opponent with both heels together. Always use the back of the heels. This blow is to be used if you catch your opponent on the deck or if you have thrown him there. If he is on his face, land with heels on spine just between shoulder blades or small of back as shown in illustration. If lying on his back, then land on stomach or groin.

Fig. 14



Fig. 14. This is the method to use if opponent has you down and is strangling you. Put left hand on the back of his neck, put second finger of right hand at the "V" of his collar bone, pull with left hand and shove with right finger, which will cause opponent to release strangle and will temporarily strangle him.



Fig. 15

Fig. 15. This is the method to dispose of sentry or opponent who is unaware of your presence. If enemy is facing you when you are concealed, an old Indian trick of tossing a small object fifteen or twenty yards to the rear of him will cause him to turn his back to you, giving you your opportunity. Slip up on him, simultaneously clap left hand over his mouth, left knee in his back, snap his head back, and slit his throat. Grab rifle and let him down easy to avoid detection by other sentries.

Fig. 16



Fig. 16. Spine blow. Deliver this blow with any small object to spine directly between shoulder blades. This will paralyze victim in all portions of his body for two hours. This is a good method to use in securing prisoner for later questioning.



Fig. 17

Escape From Pistol in Back.

Fig. 17. If your opponent makes you put your hands above your head, after an elapse of time, pretend fatigue by letting your hands drop until your elbows are close in to your side. Stand well balanced with your weight on your left heel and ball of right foot. Never attempt this action unless opponent has barrel of pistol in your back. A method to find out whether he has the pistol close enough is to sway backwards as far as possible without losing your balance. Do this slowly to avoid perception. If by swaying backwards the pistol touches your back, then you know the weapon is close enough for you to act.



Fig. 19

Fig. 19. From the parry in Fig. 18, immediately grasp opponent's pistol wrist with your left hand, throw your right arm over his right arm bringing your forearm up to rest underneath his elbow. By pulling down on his wrist with your left, you can break his elbow, and he will drop the pistol. As an additional measure, you can use the boot kick described in Fig. 12. You can reverse this method by turning and parrying to right, just substitute right for left, etc.

Fig. 18



Fig. 18. Without any pre-movements, pivot to your left on the heel of your left foot keeping it stationary and swinging the right foot in a complete arc stepping across your opponent's right foot with your right. Parry the pistol with your left fore arm to your opponents right. This movement should be executed in a flash.

Escape From Pistol From Front.

Fig. 20. When opponent holds pistol on you from front, never attempt this action unless pistol is in the range of your left hand. Use deception in this action by pretending fright. A good ruse is to speak in a voice of fright "Don't shoot," as you say this, go into action in a flash. Also a good time to act is when opponent blinks his eyes. Deception and a poker face, and non-telegraphy of action and intentions is the secret of this action. Keep your hands as low as opponent will allow.

Fig. 20





Fig. 21

Fig. 21. In a flash, drop your left arm and the pistol in one motion and carry your left arm to your left. This action will parry pistol downward and to your opponent's right, causing shot to go to your left and into the deck.



Fig. 23

Fig. 23. In this position, opponent has hit the deck with enough force to stun him. Advantage is given to step on his wrist with your right foot. Grasp barrel with left hand and handle with right and twist backwards. This will break opponent's finger, release his grip, and give you possession of the weapon. These methods, front or rear, will work equally well against a knife.

Fig. 22



Fig. 22. After the action in Fig. 1, roll your wrist to left. This will bring your hand in position to grasp his wrist with thumb on top of his wrist and fingers underneath. Immediately step with your right foot behind opponent's right where your right hip is resting on his right hip. Bring your right arm to rest on his chest. Pull with your left hand, and press on his chest with your right arm. This will shift his weight to his right foot, causing him to make a half pivot to your left and swing over your hip. The hip acts as a pivot to throw your opponent.

Escape From Bayonet and Rifle, or Rifle From Rear.

Fig. 24. When captor is holding weapon away from your back, use some ruse to get him to put the weapon in your back. If walking, slow down, this will cause him to prod you; if standing still, lean backwards, still retaining your balance. When you feel the weapon, it is time to act. Let hands down till elbows touch your sides in order to parry blade with your forearm.

Fig. 24





Fig. 25

Fig. 25. From a standing position, twist the body from the hips to the right, and parry blade with your right forearm. Pivot on the left foot, leaving it stationary, and step back with the right foot. Your opponent will be unable either to thrust the blade into you or get you with a bullet.

Fig. 26



Fig. 26. From Fig. 25 leave the feet stationary, lean forward, and grasp opponent's right wrist with your right hand. Pull opponent forward and scissor his right leg with both of your legs.



Fig. 27

Fig. 27. As you and opponent fall toward the deck, put your left hand in his right arm pit and push. When you hit the deck, force his arm into a 90 degree angle.

Fig. 28. Refer to Figure 37 for same position.

Fig. 29



Bayonet Defense From Prone.

Fig. 29. Keep feet together to keep opponent from stepping between them. Keep right arm along side. Thumb and fingers of left hand together. Keep your eye on the blade.



Fig. 30

Fig. 30. As opponent steps forward and thrusts, roll to your right side, and with left hand, parry bayonet into deck. At same time, hook your right toe behind his right heel, and draw your left leg back in a cocked position.

Fig. 31

Fig. 31. Pull with your right toe, and kick below the knee-cap with your left, breaking the knee. (In practice, push with left foot.)



Fig. 32

Fig. 32. As opponent's knee is broken, get up and pull bayonet from deck.

Fig. 33. Run bayonet through opponent's throat.

Fig. 33





Fig. 34

Bayonet Defense, Standing

Fig. 34. As you perceive your opponent charging you, take a well balanced stance with your left foot slightly advanced, keep elbows close to side and fingers and thumbs closed with left hand. When opponent makes his thrust, parry blade to your right with your left hand.



Fig. 36

Fig. 36. After you have hit the deck and opponent is falling forward, place left hand thumb up in his right arm pit and push. This will force him to fall face forward on his stomach. When he has hit the deck, tighten your scissors, and push with your left hand. This will straighten him out and shape his arm in a right angle. Get to your knees and crouch twisting his wrist into his body.

Fig. 35



Fig. 35. Still holding left hand on blade, pass right arm under your left and grasp opponent's right wrist, stepping forward with your right foot, at the same time noticing distance of defender's right foot from opponent's right. Always use a short right step. From here defender pulls opponent forward, at same time leap into air and scissor opponent's right leg with both legs.

Fig. 37. When you have acquired the crouch, leap forward, landing your buttocks on opponent's shoulder blades; left knee on his right biceps and right foot in front of you as a brace. Reinforce your right hand with your left at his wrist, and pull up on his arm sharply. This will break the arm at the shoulder.



Fig. 37



Fig. 38

Over Hand Knife Defense.

Fig. 38. At the same time your opponent steps forward and stabs at you, step forward with your right foot and block his knife arm with your right forearm. Notice the space between his foot and the defendant. Keep your arm rigid and at a right angle to your chest.



Fig. 40

Fig. 40. Notice defendant's left leg block. From this position you bend backwards on the hand, getting a wrist lock. At the same time, push his arm up his back. This action will break the wrist and shoulder. Notice right hand is still on his right elbow. Retrieve knife, and drive into the side of his neck.

Fig. 39

Fig. 39. These four actions happen together. Pivot to the right on your right toe, stepping off with your left foot in front of opponent. Place heel of your left hand underneath his right elbow, grasping his right wrist with your right hand. Keep his elbow above your left shoulder. To throw him to the deck, quickly push up and forward on his elbow and snap downward on his wrist. This will shift all his weight to his right foot and spin him to the deck on his right side. Be sure to let him hit first to enable you to drop on his right leg with your left leg.



Fig. 41

Under Hand Knife, Hand Cuff.

Fig. 41. When aware of opponent's attack, assume a crouch position, legs slightly spread. Block thrust with both hands, left below right. Keep your arms straight and rigid.





Fig. 41

Fig. 41. (a) This hold is an alternative to following moves. Twist opponent's hand to outside until palm is up, bend back on hand, and strike to the point of his elbow. (On partner, push until he goes to deck.)

Fig. 42



Fig. 42. Immediately step off with right foot (normal step), and raise opponent's arm to shoulder height, letting his wrist swivel in your hands. Step backwards a short step with your left. In the same action, pull down on his arm, and shove it up his back.



Fig. 43

Fig. 43. Notice defendant is well balanced. Put your right hand on his right elbow, bend back the back of his hand, gaining a wrist lock. Shove up on wrist, and push down on elbow until his right shoulder points toward deck. Place your right heel in front of his right foot and trip him forward, riding him to the deck. (On opponent, kick with heel to his shin).

Fig. 44



Fig. 44. In a kneeling position, bend back on his hand, and shove arm up his back. This will break his wrist and shoulder. Retrieve knife, and drive it into side of his neck.



Fig. 45

Underhand Knife Flip.

Fig. 45. As opponent stabs, block with left hand, thumb down. At the same time, pivot on left foot and step back, a half step with right.



Fig. 47

Fig. 47. From this position, hold his hand with your left so his forearm is vertical to deck. Step on his biceps with your right foot, and hit down on the back of his hand with your right, breaking the wrist. A neat kick with your toe to his face is an efficient way of disposing of him.

Fig. 46

Fig. 46. Now step forward again with right foot, taking position as shown. Grasp his hand with right hand, and put fingers in his palm and thumbs on the back of his hand. Bend straight back on his hand, and twist to left in one sharp snap. This will throw him on his back to your left.



Underhand Knife Elbow Break.

Fig. 48. As opponent stabs, block with both hands, keeping in a crouch with arms straight and rigid. Step in with right foot slightly to the right of his right foot and make a full pivot to your right, carrying his arm to your left shoulder.



Fig. 48



Fig. 49

Fig. 49. Notice defendant is straddling opponent's right foot, buttocks resting on his right thigh, elbow directly on his shoulder. With a snap down on his arm you will break the elbow.



Fig. 51

Fig. 51. Step in with a short right, and pivot on same to right, stepping off with left foot in front of opponent. At same time, put your left hand on his elbow. Be sure his elbow is pointing straight up and his arm is straight. Push with left hand straight to deck, retaining hold with your right. This will cause opponent to land on his face.

Fig. 50

Underhand Knife Slam.

Fig. 50. Block thrust with both hands, left above right in a crouch and arms straight and rigid.



Fig. 52

Fig. 52. From this position, place your left knee on his elbow, reinforce your right hand with left at his wrist, and pull up, breaking the elbow. If opponent should be lying on his left side forming a bridge with his right arm, just leap on his elbow with your left knee to cause the break.





Fig. 53

Underhand Knife Charge.

Fig. 53. When opponent rushes to stab you, block with both hands as described in previous holds. Step back three steps with same speed that he rushes you, going backwards with his thrust and rush.



Fig. 55

Fig. 55. Recoil your right leg, and kick opponent into air and to your right, retaining hold with your right hand as he lands.

Fig. 54

Fig. 54. Set down backwards, drawing opponent with you, drawing up right leg and putting it in his stomach slightly to his right side.



Fig. 56. Immediately spring on his elbow with your left knee, if he has lit on his left side. If he has hit on his stomach, grasp wrist with both hands, and snap up, breaking his elbow.





Fig. 56-A

Knife Slash Defense.

Fig. 56. (a) As opponent slashes to your neck, step in with left foot as shown, and block with left forearm. Now straighten your arm. The momentum of his slash will cause his arm to slide down the back of your arm, his wrist lodging in your arm pit.



Fig. 58

Fig. 58. Immediately pivot to left on both feet, and deliver the heel of the hand to the point of his chin. This will break his neck. Release his right arm, and let him drop.

Fig. 57



Fig. 57. Keep his arm in a crook, immediately hit down in on the crook of his elbow with the crook of yours, stooping at the same time. This will cause his arm to bend at the elbow. Now bring your forearm out at the point of his elbow. Step back with your right foot, and pull up on his elbow. This will wrench his shoulder and throw back his head, exposing the point of his chin. Note position of right hand.

Knife Back, Slash Defense.

Fig. 59. When opponent slashes at you, and you are not in position to use defense described before, lean backwards, causing him to miss. Notice defendant's left foot slightly advanced.



Fig. 59



Fig. 60

Fig. 60. When opponent misses you, the momentum of his slash will carry his knife to his left shoulder, as he starts his back slash, step forward with your right foot, carrying your hands in front of your throat. Block his arms at elbow and wrist.



Fig. 62

Strangle Break from Front.

Fig. 62. If opponent is standing with arms extended as shown above and you can't use the boot-kick or grab his testicles to break hold.

Fig. 61

Fig. 61. In this position, step off with the left foot, and execute as shown and described in Fig. 39 and 40 or from position in Fig. 60. Drive knee to testicles.



Fig. 63. Throw right arm over both of his arms with your right hand. Try to get your fingers underneath the palm of his hand and hit up with your left hand and the point of his right elbow. The shock will enable you to get a finger hold on his hand. Twist his hand to the inside and grab his thumb with your right hand.

Fig. 63





Fig. 64

Fig. 64. In this position snap straight forward on his wrist, breaking it and forcing him to the deck.

Fig. 64-A



Fig. 64. (a) From this position, keep wrist lock, and kick opponent to side of head.



Fig. 65

Strangle Break from Front.

Fig. 65. As opponent is strangling you, clasp hands together, forming a wedge of your arms, and shoot up between his arms. This will break his grasp.

Fig. 66



Fig. 66. Deliver edge of right hand to the bridge of his nose between his eyes. Figure 4 will describe the injury inflicted.



Fig. 67

Strangle Break From Rear.

Fig. 67. Pivot both feet to the right and drop your right shoulder. Reach over your right shoulder with left hand and grasp his right thumb, tearing it loose from your throat. Pivot to your right, facing your opponent.



Fig. 69

Strangle Break From Rear.

Fig. 69. Shift feet to right, and throw right arm over both of opponent's.

Fig. 68

Fig. 68. Grasp his hand with your right, thumbs on the back of his hand and fingers in the palm. Snap backward on his hand. This will break his wrist and cause him to crouch to the deck. Then deliver the knee or toe to the face.



Fig. 70. Lock opponent's arms in yours, being sure your forearm is above his left forearm. With an upward twist you can wrench his arms.





Fig. 71

Fig. 71. Shift your weight to the right foot, and deliver knee to testicles.



Fig. 73

Fig. 73. Push with left hand, and pull with right, spinning him about and letting your left forearm rest against his larynx.

Fig. 72



Japanese Strangle Hold.

Fig. 72. Without telegraphing your intentions, in a flash, put your hands on his shoulders.

Fig. 74



Fig. 74. Put right hand on your left shoulder. Your left hand goes underneath right forearm to grasp your right biceps. Pull with left arm, and push with right.



Fig. 74-A

Fig. 74. (a) From this position, slip from rear, and apply hold as in Figure 74.

Fig. 75



Ju Jitsu Flip.

Fig. 75. As you are facing the opponent, in a flash, grasp with both hands the folds of his clothing, left hand on top of his right shoulder and right hand on the side of his biceps. Pull down with right and, and pull up with your left. This will shift his body on his left foot.



Fig. 76

Fig. 76. Advance your left foot and leg between his left leg resting your hip on his. The hip acts as a pivot point. Pull with your right hand, and push with your left. This will carry his body in the air pivoting on your hip.

Fig. 77



Fig. 77. From this position, opponent has hit the deck with such force as to stun him, giving you time to use the heel or toe to the face. This action is to be used when closing in on opponent when both of you are unarmed.



Fig. 78

Defense Against Knife Thrust.

Fig. 78. When aware of opponent's thrust, take a balanced position with legs lax and a slight crouch, left hand up.



Fig. 80

Fig. 80. Grasp his wrist with your right hand, put left hand in his arm pit, scissor his right leg with your legs, and push him to deck.

Fig. 79

Fig. 79. As opponent thrusts, drop to your left until the palm of your left hand rests on the deck.



Fig. 81

Fig. 81. Come to your knees, shove his arm up his back, put right hand on his elbow, left hand on wrist, and break.





Fig. 82

Wrist Break From Shove or Push.

Fig. 82. Grasp his hand with your hands, pull in to your chest, and hold firmly.



Fig. 84

Fig. 84. From Fig. 82, you have the alternative of putting both hands on his elbow and pull into chest; at same time bend forward with chest and you will break the wrist.

Fig. 83

Fig. 83. Bend forward with your body with a fast motion. This will force him face forward. Then drive your right knee to his face.



Fig. 85

Fig. 85. When blade fencing with knife or bayonet, hold blade in thrusting position with blade horizontal and edge to your right. Holding blade in this position, you are able to thrust and slash, and the blade will go between opponent's ribs more easily. From the on guard position, advance your left foot slightly beyond your right, and hold your left hand up, palm out, to parry his thrust. Always keep your eye on his blade and right foot.





Fig. 86

Fig. 86. As you see opponent lunging with right foot and blade traveling toward you, drop to your left suddenly until the palm of your left hand rests on deck. Never let either knee to the deck, but acquire crouch. Hold blade same position as standing, and thrust to opponent's stomach. The momentum of his thrust will carry him forward to meet your thrust.

Fig. 87. This maneuver is the alternative of Fig. 86. As opponent thrusts, pivot on right foot, leaving it stationary, and step back with left. At same time, parry his knife wrist with your left hand to your left, and grasp wrist. Thrust your blade into his stomach or throat. This same maneuver can be executed in opposite manner by leaving left foot stationary, pivoting on same, and stepping back with right foot. Parry his knife wrist to your right with left hand, grasp his wrist, and thrust with blade. By holding your blade horizontal and thrusting, you will never foul your blade in the ribs of your opponent. If you face an opponent with the same length blade as yours, and he employs the overhand, underhand, or slashing method, you have a great advantage over him in thrusting as it gives you more reach with your blade over his. From the on guard position as shown in Fig. 85, you are in a position to out-manuever your opponent in footwork and parry.

Whether you are armed with a blade or unarmed when facing an opponent with a blade, a hand full of sand tossed into his eyes will cause him to duck and close his eyes, giving you the opportunity to finish him with your blade. If you are unarmed and face an armed opponent, then the sand tossed in his eyes will give you a big advantage in the use of Judo. It is a good policy when anticipating combat to carry a pocketful of sand in your left pocket.

The instructions in this booklet if followed will arm you with a weapon that cannot be lost, broken, or taken away. This is the weapon God gave you. Never drop your weapons to use Judo. Judo is to be used as a last resort when you have lost or broken your weapon.

Fig. 87



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